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## SEL@Home

- **Normalize emotions** by modeling emotional literacy—label and talk about emotions regularly.
- **Model and encourage empathy and gratitude.**
- **Model active listening**—especially during conflict resolution (look speaker in eyes, repeat their words and feelings back to them).
- Treat your children with **respect** and ask the same from them (tones and language). A good line to use is: “It’s OK to feel \_\_\_\_\_, it’s not OK to \_\_\_\_\_.”
- **RULER Approach:** Help children Recognize, Understand, Label, Express, and Regulate emotions. Always conclude with solutions.
- **Encourage independence and coping skills.** If they come to you with a problem: listen, empathize, go to win-win solutions: “What can you do now?” “How do you think he was feeling?”
- Apologize after conflicts with children and other family members. Talk about what you learned—what you’ll do differently next time...
- **Bring emotions to forefront** of check-ins, meetings (make agreements/rules), discussions, and discipline: describe behavior, how it makes you feel, ask how they are feeling. Go to win-win solutions!

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## Woodside SEL Language

- Help children decipher the “size of the problem”: Is it a “glitch, bummer, or disaster”?
- “How’s your engine running?”
- “You filled my bucket” or “You dipped my bucket.”
- “Know yourself, choose yourself, give yourself.”
- Use I-messages and label your feelings (I feel \_\_\_\_\_ when you \_\_\_\_\_). Encourage this for sibling communication.
- Ask your child if he/she is having a flexible brain or a rock brain.



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## SEL Websites

<https://www.edutopia.org/SEL-parents-resources>

A comprehensive list of blogs, articles, and videos for parents about fostering skills like kindness, empathy, gratitude, resilience, perseverance, and focus in children.

<https://sel.lab.uic.edu/parent-resources/>

Research-based Resources on Parenting, Social and Emotional Learning and School-Family Partnerships including a list of recommended websites, blogs, newsletters, and books for parents.

<https://www.common sense media.org/>

Common Sense is the leading independent nonprofit organization dedicated to helping kids thrive in a world of media and technology (topics include body image and cyberbullying).

